

# Activity Planner - February 2025



Mon

Tue

Wed

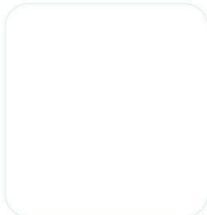
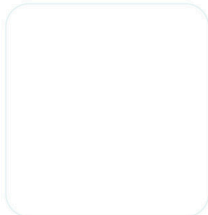
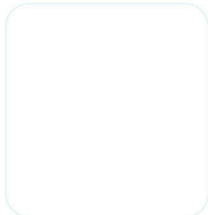
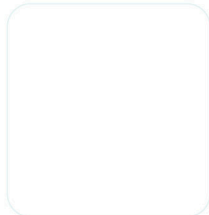
Thurs

Fri

Sat

Sun

Key Dates:



**1 LGBT+ History Month**

Learn about and celebrate the history of the LGBT+ community

**2 Groundhog Day**

Make your own fun weather predictions and illustrate them

- LGBT+ History Month
- World Interfaith Harmony Week
- World Cancer Day
- Tu Bishvat
- St Valentine's Day
- International Mother Language Day
- Ramadan

**3 World Interfaith Harmony Week**

Share the experiences and beliefs of different faiths in your community

**4 World Cancer Day**

A day of reflection and hope to raise awareness of cancer and inspire action

**5 Altra Painted Bubbles**

[Use the Altra guide for some creative fun with your community!](#)

**6 National Chopsticks Day**

Host an Asian themed buffet or lunch

**7 Rose Day**

Learn the history of England's national flower

**8 Propose Day**

Share the love on India's day of celebration

**9 Chocolate Day**

Get together in the kitchen and make some fun chocolates

**10 Teddy Day**

Exchange teddy bears and craft some fun accessories for your loved ones cuddly friends

**11 Altra Musica Warm-up**

[Work on your breathing with Altra and Musica's fun warm-up](#)

**12 Tu Bishvat**

Enjoy a nature walk and plant some trees to celebrate this Jewish Spring holiday

**13 Galentine's Day**

A modern celebration of female friendships, but anyone can enjoy a bit of spa treatment!

**14 St Valentine's Day**

Write and craft love letters for people in your life

**15 Singles Awareness Day**

A day to celebrate and elevate the platonic relationships that bring us joy and purpose

**16 Altra Puzzle**

[Train your brain with Altra's fun Tangram puzzle](#)

**ALTRA+**

Check out exclusive content from our wellbeing and engagement partners, Altra. To access a library of 1000+ Altra wellbeing resources and easily gather feedback from the people you support and their circle of care book a demo today.

[BOOK A DEMO](#)

**17 Random Acts of Kindness**

Conduct a small act of kindness for someone else in your home

**18 Pet Therapy**

Organise a pet therapy session in your care service. What unique animal can you request?

**19 Music Request**

Ask the people you support for a song request to share with everyone

**20 Board Games**

Do you have any giant versions of board games, like snakes and ladders?

**21 International Mother Language Day**

How many mother languages are in your community?

**22 World Thinking Day**

Take some time to reflect today

**23 Altra Workout**

[Try out this seated workout courtesy of Altra](#)

**24 Fairy Tale Day**

Celebrate Fairy Tale Day with Disney films or stories

**25 Movie Afternoon**

Enjoy a movie showing with snacks and drinks

**26 Smoothie Making**

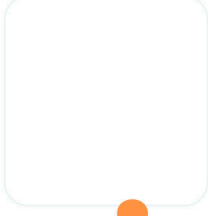
Using yoghurt and fruit, create smoothies with the people you support

**27 National Chilli Day**

Have fun making the ultimate winter comfort food

**28 First Day of Ramadan**

Learn about this important celebration in the Muslim tradition



E [hello@nourishcare.com](mailto:hello@nourishcare.com)  
 T 023 8000 2288  
[nourishcare.com](https://nourishcare.com)

